



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | October 2025

Prioritizing Your Mental Well-Being

At the Y, we know health isn't just about staying strong physically—it's about caring for your mind and spirit too. Staying connected, keeping active, and engaging in activities you enjoy are powerful ways to support mental health. Whether it's a group exercise class, a friendly game of pickleball, or simply sharing coffee with a friend, these moments help reduce stress, boost mood, and keep your mind sharp. Remember: taking time for yourself isn't selfish—it's essential. Let's keep moving, laughing, and supporting one another, because a healthy mind is just as important as a healthy body.



Move Well, Stay Strong

October 12 is World Arthritis Day, a reminder that arthritis doesn't have to hold you back. Staying active — especially with programs that include balance, strength, flexibility, and low-impact movement — can help reduce pain, improve mobility, and lower your risk of falls.

One great option is Enhance®Fitness at the YMCA. It's an evidence-based class designed for older adults (including those with arthritis), led by certified instructors, with modifications available so nothing hurts. With regular participation you can build strength, improve balance, and better manage arthritis symptoms — while having fun and staying independent.



IT'S NEVER TOO LATE TO FEEL GREAT.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | OCTOBER 2025

OCTOBER EVENTS AND ACTIVITIES

**Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org.**

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, October 3rd, 6:00 - 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Music & Memories

Tuesday, October 7th, 3:00 - 4:30pm, Healthy Living Center

Join us for a trip down memory lane! Listen to music that shaped our lives and journal special memories!

HEALTHY AGING DAY!

Saturday, October 11th, 9:00am - 12:00pm, Gymnasium

Join us for a day of fun, food and fitness! Explore vendor booths with giveaways, attend wellness workshops, try out some Group Ex sample classes and more! Open to the public, registration not required.

Game Day

Tuesday, October 14th, 3:00 - 4:30pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games - from Jenga to UNO to Trivial Pursuit and more - with your Y friends!

Pop Up Produce- Conviva

Wednesday, October 15th, 10:00 - 11:00am, Parking Lot

Grab some fresh produce provided by Conviva!

Lunch & Learn: Healthy Aging Presentation with Conviva Health Care

Wednesday, October 15th, 12:00 - 1:00pm, Healthy Living Center

Join the Y and Conviva for a presentation (topic TBD). Lunch will be provided to all registrants.

Book Club

Thursday, October 23rd, 1:15 - 2:15pm, Community Center

Join us for a peer-led, healthy literary discussion. We are reading "The Personal Librarian" by Marie Benedict.

Arts and Crafts

Thursday, October 23rd, 3:00 - 4:30pm, Community Center

Create crochet nursery items for the Ronald McDonald House.

Trunk or Treat!

Sunday, October 26th, 2:00 - 4:00pm

Join the Y for this fun annual event! Bring your family and friends. No registration required.

Party and Play: BINGO & Birthdays!

Thursday, October 30th, 3:15 - 5:00pm, Community Center

Fun, prizes, and more!!! If you are celebrating a birthday in June, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Mondays / Wednesdays, 2:00 - 4:30pm
Tuesdays / Thursdays / Fridays, 1:00 - 4:00pm
Thursdays, 8:00 - 10:30am
Sundays, 10:00am - 12:00pm

Beginner Instruction

Fridays, 11:00am - 12:00pm
Beginner Play Fridays, 12:00 - 1:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at AEndel@fcymca.org for more information!